

the beaten egg, and add it lightly to the flour and butter, using the rest of the milk if it will not make the dough too soft to handle. Toss out on a floured board, pat out one-half inch thick, cut in rounds, and bake twelve to fifteen minutes in a hot oven.

Strawberries are coming again, but they are still high-priced, and while we are biding the time, some light dessert with an acid flavor is desirable. The orange, like the canned tomato, is our standby. Here is a trifle, light and cool, to finish the meal. It makes a good dessert for the invalid tray, too.

Orange Whip. Yolks of two eggs, two tablespoons sugar, juice of one orange, three teaspoons lemon juice, few grains salt, whites of two eggs. Beat yolks, add sugar, fruit juice and salt, and cook over hot water, stirring constantly, until thick. Remove from fire and, when cool, add whites of eggs beaten very stiff. Pile lightly in a sherbet glass and chill.

Orange Jelly. Two teaspoons granulated gelatin, two tablespoons cold water, juice of two oranges, one tablespoon lemon juice, one-quarter cup sugar. Soak gelatin five minutes in cold water, then set over boiling water until it is dissolved. Mix fruit juice and sugar, add water, if necessary, to make one cup liquid, and stir into dissolved gelatin. Strain into moulds wet with cold water and set in a cold place until firm. Turn out of moulds and serve with whipped cream. Fruit gelatin made in this way is much better than that made with boiling water, which destroys the fresh fruit flavor. It also has the advantage of setting more quickly.

Nut Wafers. One egg, one-half cup brown sugar, one-half cup English walnut or pecan meats, one-eighth teaspoon salt, three tablespoons flour. Beat eggs thoroughly, add sugar, meats finely chopped, flour and salt. Spread as thin as possible on a buttered tin, and bake in a rather hot oven until lightly browned. When nearly cold, cut in squares.

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## HOW TO MAKE A NORMAL SALT SOLUTION FOR OPERATION IN PRIVATE HOUSE

By HARRIET F. MACARTHUR

Graduate of the Presbyterian Hospital Training School, New York

To make a normal salt solution  $\frac{9}{10}$  of 1 per cent. use one teaspoon of salt to one pint of water. Scrub thoroughly a large kettle, fill it with water and a little soda, allow it to boil while preparing to make the solution. Clean and boil two large toilet pitchers, two towels, a

graduate glass, pitcher, and teaspoon. Have ready table salt, filtering paper or absorbent cotton. A large tumbler may be used if a graduate glass is not to be had. Two tumblers of water make one pint. Pour the water out of the kettle and rinse with sterile water. Be sure you have everything you require ready before you start to make the saline. Hands and nails must be surgically clean. After measuring the water, add the salt, as directed; filter into the clean kettle and boil briskly for one hour. Pour the saline into the sterilized pitchers, add enough sterile water to supply quantity lost by evaporation, cover tightly with the sterilized towels and tie with gauze bandages. If the saline is required for immediate use, stand one pitcher in cold water, changing frequently.

Every nurse will find it a great convenience to carry in her bag, if going out of town, three little bottles of concentrated saline solution, sterilized, or the compressed salt solution tablets, prepared by manufacturing chemists, some filtering paper or absorbent cotton. The above requires very little space and will save much time.

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## THE NEW YORK STATE EXAMINATIONS

BY JANE ELIZABETH HITCHCOCK, R.N.  
Secretary, State Board of Nurse Examiners

It is a familiar thought that the teaching of diet cooking for the sick is the most difficult requirement of registration for training schools to reach. It is equally well understood that strong efforts are being made on the part of the schools for adequate teaching force and equipment for such instruction. In submitting the following criticism, all this is borne in mind, and its purport is not discouragement, but rather a desire to take into our confidence all those who are working with the Department of Education towards the perfection of the training-school curriculum.

In the examination of June, 1908, diet cooking was treated on its most practical side. Simple recipes of food of the most every-day variety were called for, and amusing replies were elicited. It was suggested to the Board that cooking teachers to-day do not require memorized rules and that many of the lessons or lectures are based on chemical values, etc. Following this hint, the questions in the last examination (February, 1909) aimed to call for a more scientific knowledge of food-stuffs, food values, and the changes of these values in health or illness, youth or old age. The effect was disastrous. In June, 1908, 86 per cent. of those examined received the 75 per cent. pass mark. In February,